



February Newsletter

February, 1 2016

The Beautiful Weather is Back!

The beautiful weather is back in Florida! Now is a great time to rediscover what the great outdoors have to offer! But remember, easy does it. If you've been inactive for a long time, it's easy to be over zealous and cause injury, whether you're golfing, playing tennis or simply taking an extra long walk.

Make sure you warm-up and stretch before any activity and don't try to do too much at once. Each new activity puts stresses and strains on your muscles, joints and back, so ease into it. It's a great idea to consult your chiropractor before beginning a new fitness program. They will be able to provide advice about whether or not that activity will

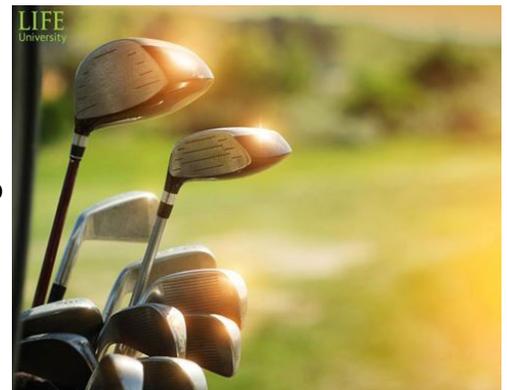
benefit you, or cause harm. Let them know your goals and if you have an old injury you could aggravate.

Exercise is very beneficial for your entire body, including your back. Weigh-bearing activities such as hiking, brisk walking, stair climbing and dancing all strengthen your bones, muscles and joints and may help protect you against osteoporosis, a serious disease that results in deterioration of bone mass, especially in older people.

An oversized waistline can lead to weak muscle in your abdomen. This means that your organs and lower spine are not being held

correctly inside your body. This can result in back pain. Even a little activity three to four times a week can go a long way to improving your overall health and well-being.

During your next visit, consult Dr. Moses about your new fitness program, or with any questions you may have. Let's all take that next step to living healthier lives.



**Join us February 12th for our
'Valenspine's' Day Party!**

All new and existing patients will receive their treatments complimentary the day of the party!

See Katie at the front desk to schedule your appointment!



2310 Immokalee Road

Naples, FL 34110

(239) 592-5433